

PAXMAN
**GETTING
STARTED**



PAXMAN^o
CHANGING THE FACE OF CANCER





GETTING STARTED

You will need to come to your chemotherapy treatments ready to manage the cold cap part of your treatment by yourself or someone to help and support you.

Preparation for scalp cooling

A nurse will help you connect your cap to the cooling machine in the treatment suite, but you will need to prepare your hair and fit your cap on your own. You can learn how to do this by watching the videos on the Paxman website at www.coldcap.com

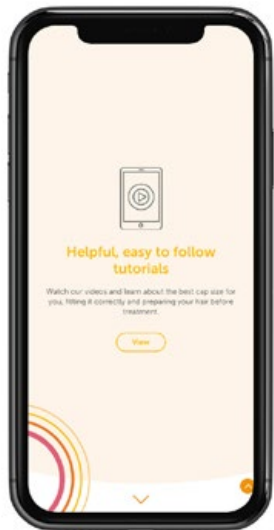
You can also bring a friend or family member to your appointment to help you.

Coldcap.com has a lot of information to help you prepare for your scalp cooling.

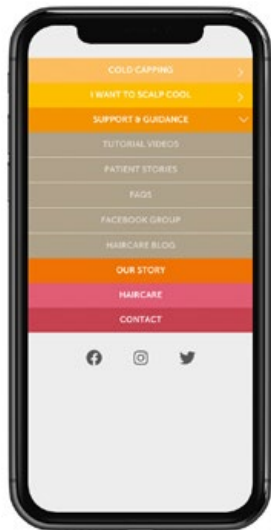
Get to know the website and watch the tutorial videos. Practice preparing your hair and fitting your cap at home. This will help you feel more comfortable on your first day of treatment. You will be wearing your cold cap before, during and for a while after your infusion.

1. visit: www.coldcap.com

2. Go to: Support & Guidance > Tutorial Videos



1



2

3. Choose who you want to follow through the tutorials

(Mai, Jaqui, Joe or Cleo)



3

4. Watch all four tutorials

Cap Sizing



Hair Preparation



Cap Fitting



Hints & Tips



REMEMBER TO PRACTICE FITTING THE CAP **AT LEAST 3 TIMES**

5. Explore coldcap.com

There's support, advice and guidance on all areas of scalp cooling including FAQs, financial information, site locator and our haircare blog.



6. Important Information

Practice preparing your hair and fitting your cap at least 3 times at home.

The more familiar you are with the process, the more comfortable and confident you will feel fitting your cap on your first day of treatment.

Remember you can watch the videos while you are fitting the cap for treatment too.

Please tick after each practice:



7. Before your first treatment

Make sure that you have practiced fitting your cold cap, but if you have any questions please feel free to get in touch with us via email - patientsupport@paxmanusa.com or phone on 8885 PAXMAN (888-572-9626).



There's a community of people who are going through the same things as you are on our Facebook Group.

If you are looking for help and support from people who are or have been through cold capping, you may find our Facebook Group useful. It's a private international community with a really positive outlook, who can give you advice and guidance on what scalp cooling was like for them...

facebook.com/groups/PaxmanScalpCooling





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CONTROL



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